



## Office of Aerospace Medicine Internal Substance Abuse Program (ISAP) Newsletter

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<http://faa.gov/avr/aam/isap>

### **Look For a Copy of the Revised Agency Policy on Substance Abuse**

On July 29, 2004, Administrator Marion Blakey signed an agency policy statement on substance abuse. The policy promotes a drug- and alcohol-free workplace and outlines the violations and disciplinary actions that will occur when violated.

The policy was disseminated in September to all employees and FAA facilities. The policy is also posted on the ISAP website at:

<http://faa.gov/avr/aam/isap>



### **Changes to the Federal Employee Drug-Testing Program Guidelines-“Empty Your Pockets”**

The U.S. Department of Health and Human Services has finalized changes to the Federal employees drug-testing program. Most of the changes impact the laboratory procedures. However, there is one change that directly affects the drug-testing procedures. The change requires collectors to direct employees to empty their pockets and to display items that could be used to substitute or adulterate the specimen.

Currently, the collector asks the donor to remove any unnecessary outer garments such as a coat or jacket that might conceal items or substances that could be used to adulterate or substitution the employee's urine specimen. The collector ensures that all personal belongings such as a purse or briefcase remain with the outer garments. The employee may retain his or her wallet. Starting on November 1, 2004, collector will direct the employee to empty his or her pockets and display the items to ensure that no items are present that could be used to adulterate or substitute the specimen. If nothing is there that can be used to adulterate or substitute a specimen, the employee places the items back into his or her pockets and the collection procedure continues. If the employee refuses to show the collector the items in his or her pockets, this is considered a “refusal to test,” which will lead to removal from Federal service. If an item is found that appears to have been brought to the collection site with the intent to adulterate or substitute the specimen, a direct observation collection procedure is used. If the item appears to be inadvertently brought to the collection site, the collector shall secure the item and continue with the normal collection procedure.

The pocket-emptying requirement is effective on November 1, 2004, and will be implemented on that date.

For more Information visit:

[www.samhsa.gov/hottopics/click\\_drugtesting.html](http://www.samhsa.gov/hottopics/click_drugtesting.html)

### **Did You Know?**

- Methamphetamine is powerfully addictive stimulant that affects the central nervous system. It can be taken orally, by intravenous injection, and by smoking or snorting.

Information in this section provided by: <http://www.recoverymonth.gov>

## Mocktail Recipes

**When planning a party try creating some non-alcoholic drinks for your guest.**

### Cranberry Cooler

2 oz. cranberry juice cocktail

½ oz. lime juice

ginger ale

Pour ingredients in a tall glass with ice and serve. Garnish with a slice of lime.

### Lemonade Fizz

1 oz. lemon juice

2 tsp. powdered sugar

club soda

Combine lemon juice and powdered sugar in glass and mix well. Add ice and club soda and stir. Garnish with a slice of lemon.

### Orange Fizz

5 oz. orange juice

1 oz. sour mix

club soda

Mix orange juice and sour mix together in a tall glass with ice and add club soda.

### Virgin Fruit Daiquiri

1 cup crushed ice

½ cup of fruit

1 tsp. sugar

Combine ingredients in blender. Blend until smooth.

### Virgin Mai Tai

½ cup pineapple juice

¼ cup club soda

1 tbsp. Grenadine

¼ cup orange juice

1 tbsp. cream of coconut

Shake or stir to blend and pour over crushed ice.

**Impaired driving is no accident. It is a violent crime that kills. Every 33 minutes, someone in America dies because of drunk driving.**

**You can stop impaired driving in its tracks. Designate a sober driver, take a cab, or spend the night where you are.**

Information in this section provided by:  
<http://www.nhtsa.dot.gov/>

## OxyContin

The general public is by now familiar with the dangers and potential for abuse posed by the drug oxycodone hydrochloride ER, which until recently was only available by the brand name OxyContin. In March 2004, however, a generic version of OxyContin became available by prescription as an approved pain medication. Soon after its release in the pharmaceutical market, “generic OxyContin” entered the illegal drug market as well. When abused, this drug represents an old threat under a different name – it has the same dangerous effects as OxyContin when abused.

Many people remain unaware of this threat – poison control centers across the country have received a significant number of calls from citizens asking about this drug. Parents and teachers should familiarize themselves with this new product and be on alert for signs of its abuse. It is important to realize that the generic version may pose more of a threat because it is only available in 80 mg. doses, whereas, OxyContin is available in 10, 20, 40 and 80 mg. doses. Users may mistakenly believe that they are consuming a smaller dose than they actually are, increasing the potential for serious overdose or even death. Below are more important facts about the generic form of OxyContin.

**What is “generic OxyContin”?** It is a generic version of OxyContin. It is a time-release pain medication that, when abused, is dangerous and habit-forming.

**What are the negative effects of oxycodone abuse?** Generic oxycodone HCl ER abuse produces the same negative side effects as OxyContin abuse:

- Long-term usage can lead to physical dependence.
- A large dosage can cause severe respiratory depression that can lead to death.
- Withdrawal symptoms include restlessness, muscle and bone pain, cold flashes with goose bumps, and involuntary leg movements.

Information in this section provided by: [www.DEA.gov](http://www.DEA.gov)

## Did You Know?

- Marijuana is the most commonly used illicit drug in the United States. In 2002, it was used by 75 percent of current illicit drug users.
- Methamphetamine is a powerfully addictive stimulant that affects the central nervous system. It can be taken orally, by intravenous injection, and by smoking or snorting.

Information in this section provided by: <http://www.recoverymonth.gov>

## Recognizing the Signs of Drug and Alcohol Addiction

You may have noticed that something seems wrong with one of your coworkers. Could it be a personal problem or a sign of substance abuse? Often, a good indicator of substance abuse is a sudden change to unusual behavior. Common behavior changes in a coworker who's addicted to alcohol or other drugs include:

- Increased absences or patterns of absences, such as after payday, before or after a holiday, or every Monday or Friday
- Showing up late or leaving early often
- Taking long breaks
- Being involved in accidents at work or outside of work
- Acting careless when handling dangerous equipment or materials
- Deteriorating relationships at home
- Change in friends or social circles
- Borrowing or stealing money
- Drowsiness
- Showing less concern for personal appearance and hygiene

If you suspect that someone you know has a substance abuse problem, the first step to intervention is to learn more about substance abuse and the resources that can help you or your friend. Here are some places to seek information:

- National Clearinghouse for Alcohol and Drugs Information, NCADI
- National Institute on Drug Abuse, NIDA
- National Institute on Alcohol Abuse and Alcoholism, NIAAA
- Substance Abuse Mental Services Administration, SAMHSA

Or, look in your telephone book for your local Alcoholics Anonymous, Alteen, Al-Anon, Narcotics Anonymous, drug treatment center, county-state addition or mental health agency, or the county/victim/metal health hotline. FAA employees may also contact the Employee Assistance Program staff.

Information in this section provided by: [www.nida.gov](http://www.nida.gov)

## What is Red Ribbon Week?

-A time for gratitude for all the lives that remain drug free.

-A time to pledge to live a safe and drug-free life.

-A time to remember those we have lost in the fight against drugs.

Red Ribbon Week is an important tradition for the drug prevention community, and especially for the DEA. The event that has become a national symbol of drug prevention began as a grassroots tribute to a fallen DEA hero, Special Agent Enrique Camarena. The National Red Ribbon Campaign was sparked by the murder of DEA Special Agent Camarena by drug traffickers. Within weeks of his death in March of 1985, Camarena's Congressman, Duncan Hunter, and high school friend Henry Lozano, launched Camarena Clubs in Imperial Valley, California, Camarena's home. Hundreds of club members pledged to lead drug-free lives to honor the sacrifices made by Camarena and others on behalf of all Americans. From these clubs emerged the Red Ribbon Week Campaign.

Today, Red Ribbon Week is nationally recognized and celebrated, helping to preserve Special Agent Camarena's memory and further the cause for which he gave his life. The Red Ribbon Campaign also became a symbol of support for the DEA's efforts to reduce demand for drugs through prevention and education programs. By wearing a red ribbon during the last week in October, Americans demonstrate their ardent opposition to drugs. They pay homage not only to Special Agent Camarena, but to all men and women who have made the ultimate sacrifice in support of our nation's struggle against drug trafficking and abuse.

Information in this section provided by: <http://www.usdoj.gov/dea/ongoing/redribbon02.html>

**Alcohol and Aviation -- It Just Doesn't Fly!**